

Dive

拍數: 32 牆數: 2 級數: Improver
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音樂: Dive - Lost Frequencies & Tom Gregory



The dance starts with the vocal after 16 counts.

walk r+l, anchor step, 1/2 turn l, 1/4 turn l, behind-side-cross-side

- 1-2 Step forward on RF – Step forward on LF
- 3&4 step RF behind LF – Step in Place LF .- Step RF slightly back
- 5-6 ½ turn to the left stepping forward on LF – ¼ turn to the left stepping RF to the right
- 7& cross LF behind RF – Step RF to the right
- 8& cross LF over RF – Step RF to the right

heel, hold, close, cross shuffle, side, close, shuffle forward

- 1-2& dig left heel diagonally forward (left) – hold
- 3&4 step LF next to RF – cross RF over LF – drag LF to the left – cross RF over LF
- 5-6 step LF to left side – close RF next to LF
- 7&8 step LF forward – close RF next to LF – step LF forward

rock recover, back-lock-back, touch back, 1/2 turn l, step, 1/4 turn l

- 1-2 rock forward on RF (roll your hip to the right) – recover on LF
- 3&4 step RF back – lock LF over RF – step RF back
- 5-6 touch left to back – make a ½ left turn (weight on LF)
- 7-8 step forward on RF – make ¼ to the left

cross, point, behind, point, behind, point, behind-side-step

- 1-2 cross RF over LF – point LF to the left (weight stays on RF)
- 3-4 cross LF behind RF (moving backwards) – point RF to the right (weight is on LF)
- 5-6 cross RF behind LF (moving backwards) – point LF to the left (weight is on RF)
- 7&8 cross LF behind RF – step RF to the right – step forward on LF

Repeat

Have fun and keep on smiling! ☐

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